

Fanshawe College

FIRST: Fanshawe Innovation, Research, Scholarship, Teaching

Documentation (Approvals etc...)

Fitness and Health Promotion

2018

FHP1 Curriculum Modification 1 for 2019-20

Fanshawe College

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CURRICULUM MODIFICATION REQUEST FORM

COURSE OR PROGRAM CURRICULUM "RATIONALE FOR CHANGE"

Program Requiring Changes

| | | |
|---|---|---|
| Program Title: Fitness and Health Promotion | | |
| Program Number: FHP1 | | Date Submitted: 11/16/2018 |
| Dean responsible for program: Ms. Pam McLaughlin | | Chair: Dr. Christine Griffith |
| Credential Provided: <input type="checkbox"/> Declaration of Academic Achievement <input type="checkbox"/> Local Certificate <input type="checkbox"/> Ontario College Certificate <input checked="" type="checkbox"/> Diploma <input type="checkbox"/> Advanced Diploma <input type="checkbox"/> Grad Certificate <input type="checkbox"/> Degree <input type="checkbox"/> Apprenticeship | | |
| Program Intakes: <input checked="" type="checkbox"/> F <input type="checkbox"/> W <input type="checkbox"/> S Other: | | Catalogue Year(s) Impacted: 2019/20 |
| Residency Requirement: <input checked="" type="checkbox"/> Met or <input type="checkbox"/> Not Met | | Date of Last Program Review: 12/31/2013 17/18 |
| <i>I have read the reasons for the change and...</i> | | <i>Signature and date</i> |
| Dean of Faculty (Lead program): | <input checked="" type="checkbox"/> Approve <input type="checkbox"/> Do Not Approve | P. McLaughlin |
| Dean of Faculty (Affiliate program-impacted by change): | <input checked="" type="checkbox"/> Approve <input type="checkbox"/> Do Not Approve | [Signature] Dr. Patterson |
| Dean of Faculty (Affiliate program-impacted by change): | <input type="checkbox"/> Approve <input type="checkbox"/> Do Not Approve | |
| Senior Vice President Academic (required for major changes and late DAs): | <input type="checkbox"/> Approve <input type="checkbox"/> Do Not Approve | |
| Director, Centre for Academic Excellence: | <input checked="" type="checkbox"/> Supports <input type="checkbox"/> Does Not Support | Judy Geddes Dec 21/18 |
| Office of the Registrar: | <input checked="" type="checkbox"/> Supports <input type="checkbox"/> Does Not Support | Amber Harwood Dec. 3/18 |
| Notes: Does RO know about chgs to file - regS. → Have they added to the system? | | |

Please answer each of the questions below, if applicable. Missing or incomplete information may delay review of the proposed changes.

1.0 Describe proposed change(s). Complete Appendix A (if necessary) and amend SDAR (Refer to Appendix C).

Overall, our proposed changes are directed at improving program flow/sequence in response to student feedback.

Level 1: Was 370 hours (8 courses), changing to 300 hours (7 courses)

- Students feel this term is too “busy”; we will reduce the workload by 70 hours (one large course).

Level 2: Was 315 hours (6 courses), changing to 315 hours (7 courses)

- Hours are unchanged for this term.

Level 3: Was 345 hours (7 courses), changing to 300 hours (6 courses)

- Students feel this term is too “busy”; we will reduce the workload by 45 hours (one course).

Level 4: Was 350 hours (5 courses), changing to 395 hours (6 courses)

- Students feel this term is the least challenging of all the terms; the focus group suggested an additional academic course in this term. One, 45-hour, course will be added.

Level 1 changes:

1. Split the Anatomy course into two courses (both delivered in Level 1): Anatomy and Physiology, Functional Anatomy. Currently intro Physiology and MSK Anatomy are delivered simultaneously, from different professors, in the same course. Student feedback suggests that students feel it is hard to stay organized and differentiate the material. Splitting the course will provide clarity for students.
2. Remove the PHRE-1041 course. As our program has evolved, this course has become redundant - a poor use of space and time. This course introduced multiple fitness topics which were covered later in the program which resulted in fragmented teaching. The experiential hours within this course will be delivered through the new Resistance Training course.
3. Move the Essentials in Human Nutrition course to Level 2, remove the GE status, and change the name to Nutrition.
4. Move the Administration of Physical Recreation course to Level 4, change the name to Recreation and Event Planning, and redevelop content to reflect a 3000-level course.
5. Increase the hours of the Math for Fitness Professionals course from 30 to 45. The additional 15 hours will be sectioned (3 sections) and delivered in a computer lab. We found this year that students are struggling with completing their homework and case studies. The additional time will provide students a supportive environment to work through case studies and apply course content.

6. Move the Resistance Training from Level 2 to Level 1. This course contains fundamental program content. Students should experience the client coaching and exercise training curriculum in this course upon entrance to our program so that scaffolding of learning can occur and program fit problems can be established sooner.

Level 2 changes:

7. Eliminate the PHRE-1033 course. The pertinent health and fitness assessments will still be taught, reinforced, and evaluated with the appropriate curriculum (i.e., body composition assessments will be delivered in Nutrition, resistance training assessments will be delivered in Resistance Training, functional movement assessments in Functional Movement and Conditioning, CV assessments in Cardiovascular Training, and performance assessments in High Performance Training for Sport). The current design resulted in fragmented teaching and redundancy.
8. Move the Resistance Training course to Level 1 (see rationale above).
9. The Leadership in the Workplace course will be redeveloped to reflect more Coaching and Group Dynamics material. Relevant introductory leadership concepts will still be delivered under the new course title. The course will be appropriately named Coaching and Group Dynamics.
10. The Physiology of Exercise course will be redeveloped to reflect a 3000-level course; this course will build on content in the following level 1 courses: Anatomy and Physiology, Functional Anatomy, and Resistance Training.
11. Move the Health and Behaviour Change course to Level 3 (from Level 2).
12. Add a new SOCI General Education course into Level 2 to replace the General Education course removed from Level 1. This course will introduce students to multiculturalism in Canada, the social determinants of health, and the impact of bias. JE
13. Move the Functional Movement and Conditioning course to Level 2 (from Level 3). This course reinforces and builds on content taught and evaluated in the Resistance Training course (Level 1). Having these courses delivered in succession, in the same year, will assist in reinforcing the course content (3000-level course).
14. Move the Group Exercise course to Level 2 (from Level 3). This course is an introductory course allowing the students an opportunity to experience group fitness and begin to coach group fitness. When this course was presented in Level 3 it was out of place because the content is intended for a beginner fitness coach.
15. Move the Nutrition course to Level 2 (from Level 1) and remove the GE status. This course will build on physiology content covered in the Level 1 Anatomy and Physiology course and coaching material delivered in the Resistance Training course. Program VLOs are covered in this course.

Level 3 changes:

16. Move the Group Exercise course to Level 2.
17. Move the Health Promotion course to Level 4.

18. Move Functional Movement and Conditioning course to Level 2.
19. Add the new Cardiovascular Training course to Level 3. Currently this course material is taught in various places within the program (fragmented learning). Prescribing this type of training is a necessary skill to improve a client's fitness and health. We are adding this course because our students feel underprepared in this area. This course is best delivered after the students have completed the Physiology of Exercise course; This new 3000-level course will build upon and apply the knowledge delivered in the Physiology of Exercise and the Functional Movement and Conditioning courses (both in Level 2).
20. Move the Health and Behaviour Change to Level 3 (from Level 2). In addition, the Health and Behaviour Change course will cover behaviour change theory, motivation theory, and client communication skills. This course will be more effectively taught in Level 3, at the same time as the Personal Training and Field Experience course, because students will learn behavior change theory while facilitating a behavior change with their personal training client.

Level 4 changes:

21. Eliminate the Small Business Ownership course. Program VLO content will shift to the Entrepreneurship for Fitness Professionals (see below) and the Recreation and Event Planning courses. This course has become redundant with the redeveloped Level 4 Entrepreneurship and Event Planning courses.
22. Redevelop Marketing and Sales for Fitness Professionals course to be a 3000-level course, add 15 hours to course, and change the name to Entrepreneurship for Fitness Professionals.
23. Move the Health Promotion course (from Level 3) and reduce course by 15-hours. This course is building on the material covered in the Health and Behaviour Change (in Level 3). Having this course in Level 4 will also ensure the students have a course in the Behaviour Change stream each term in the final year.
24. Move the Administration of Physical Recreation course to Level 4 (from Level 1), redevelop the course to become a 3000-level course, and rename the course to Recreation and Event Planning. Planning and delivering recreation events is a program VLO. These learning outcomes will be more effectively demonstrated if this course is presented after the students have developed other skills such as coaching, leadership, professionalism, communication, and data management. This course will also contain relevant content from the eliminated Small Business Ownership course.

2.0 Reason/Rationale for Changes

2.1 The reason for the change is based on:

- ☒ A recent program review
- ☐ Program Advisory Committee feedback
- ☒ Student feedback

- ☐ KPI results
- ☐ Accreditation or other regulatory requirements
- ☐ Shared curriculum
- ☒ Trends in the field/industry
- ☐ Other (please describe):

2.2 Does the change support the College's Strategic Framework (mission, vision, values)?

☒ Yes

☐ No (If no, please explain)

2.3 What strategic goal(s) does the proposed change support?

☒ Goal 1 - Enhance innovative practices for exceptional student learning

☐ Goal 2 - Manage enrolment growth

☒ Goal 3 - Optimize use of resources

☐ Goal 4 - Build sustainable sources of alternative revenue

3.0 Students

3.1 Will the change affect the cost of the program for students?

☐ Yes

☒ No

3.2 If yes, there will be an additional cost for:

☐ Materials (Include details):

☐ Equipment (Include details):

☐ Other (Please describe):

4.0 Program Learning Outcomes

4.1 Will the proposed change meet the Program Vocational Learning Outcomes? (Complete Appendix B and mark the changes in the mapping [e.g. red font])

- ☒ Yes
- ☐ No

4.2 Are there any implications related to progression because of pre-requisite courses (and/or co-requisite courses)?

- ☐ No
- ☒ Yes (If yes, please explain)

Program prerequisites will be changed to:

| Level | Course | Prerequisites Needed for the Course |
|-------|-----------------------------|--|
| 2 | Coaching and Group Dynamics | Student Success |
| 2 | Physiology of Exercise | Anatomy and Physiology, Functional Anatomy, Resistance Training, Math for Fitness Professionals |

| | | |
|---|--|--|
| 2 | Nutrition | Anatomy and Physiology, Resistance Training |
| 2 | Functional Training and Conditioning | Resistance Training, Anatomy and Physiology, Functional Anatomy, |
| 2 | Group Exercise | Resistance Training, Anatomy and Physiology, Functional Anatomy |
| 3 | Cardiovascular Training | Functional Movement and Conditioning, Physiology of Exercise |
| 3 | Health and Behaviour Change | Coaching and Group Dynamics |
| 3 | Programming for Special Populations | Functional Movement and Conditioning, Physiology of Exercise |
| 3 | Personal Training and Field Experience | Physiology of Exercise, Nutrition, Functional Movement and Conditioning, Group Exercise |
| 3 | Professional Practice | Physiology of Exercise, Nutrition, Functional Movement and Conditioning, Group Exercise |
| 4 | Entrepreneurship for Fitness Professionals | Research Principles |
| 4 | Health Promotion | Health and Behaviour Change, Research Methods |
| 4 | Recreation and Event Planning | Research Methods |
| 4 | High Performance Training for Sports | Cardiovascular Training, Personal Training and Field Experience |
| 4 | Sports Injuries | Cardiovascular Training, Personal Training and Field Experience |
| 4 | Field Placement | Cardiovascular Training, Health and Behaviour Change, Exercise for Special Populations, Personal Training and Field Experience, Professional Practice, Research Methods |

5.0 Relationships with Other Programs

5.1 Are any of the courses impacted by the change provided by another School (e.g., SLLS, LKSB) and/or delivered at another campus?

- ☐ No
☒ Yes

We are requesting a new Gen Ed course (SOCI).

5.2 What Schools/Campuses will be impacted by the proposed change?

- ☐ Lawrence Kinlin School of Business
☐ School of Information Technology
☐ School of Tourism, Hospitality and Culinary Arts

- ☐ School of Community Studies
- ☐ School of Health Sciences
- ☐ School of Nursing
- ☐ School of Public Safety
- ☐ School of Contemporary Media
- ☐ School of Design
- ☐ School Digital and Performing Arts
- ☒ School of Language and Liberal Studies
- ☐ Donald J. Smith School of Building Technology
- ☐ Norton Wolf School of Aviation Technology
- ☐ School of Applied Sciences and Technology
- ☐ School of Transportation Technology and Apprenticeship
- ☐ Continuing Education
- ☐ Simcoe/Norfolk Regional Campus
- ☐ St Thomas/Elgin Regional Campus
- ☐ Woodstock/Oxford Regional Campus
- ☐ Huron/Bruce Regional Sites

5.3 Will the change affect pathway agreements (e.g., bridging, articulations, laddering, and advanced standing) with other Fanshawe program(s) and/or other institution(s)?
(Refer to the pathway agreements listed here: <http://transferagreements.fanshawec.ca/>)

- ☒ No
- ☐ Yes (If yes, indicate when you will notify the other Fanshawe program(s) and/or other institution(s) and the Pathways Coordinator in the Centre for Academic Excellence of the change)

5.4 If this program is a Co-Operative Education program, will the proposed change impact Co-op?

- ☒ No
- ☐ Yes (If yes, consult with the Co-op office prior to submission)

6.0 Resource Implications of Proposed Changes

6.1 Will the proposed change have staffing implications?

- ☐ No
- ☒ Yes (If yes, please explain)

A reduction of 70 program hours

6.2 Will the proposed change impact any of the Enabling areas?

- ☒ No
- ☐ Yes (If yes, please explain)

6.3 Will the proposed change affect space and/or technology requirements?

- ☐ No
☒ Yes (If yes, please explain)

Our program will no longer be scheduled Gym 3 space (currently booking 6 hours per week in Fall term). Our program will request 6 hours per week in a computer lab space (Fall term).

No changes in overall lab (C1047) hours (including course sections).

There will still be a total, including all sections, of 88 hours delivered in C1047 (48 hours in the Fall and 40 in the Winter).

7.0 General College Requirements

7.1 Are changes consistent with Colleges policies?

- ☒ Yes
☐ No (If no, please explain)

7.2 Will the program meet the General Education requirements (Policy A126) as listed below?

- ☐ No
☒ Yes

| | | |
|---|--|---|
| Local Certificate, Ontario College Certificate and Graduate Certificate - none required) | Diploma - 3 required (minimum of 1 must be an elective) | Advanced Diploma - 4 required (minimum of 2 must be electives) |
|---|--|---|

7.3 Will the program have 25% distinct curriculum to meet the Residency Requirement of 25% credit units? Consider all pathway agreements (e.g., bridging, internal articulations, laddering, and advanced standing) with other Fanshawe programs and/or other institutions.

- ☐ No
☒ Yes

Note: In accordance with POLICY NUMBER: A122 Graduation from Approved College Programs

...to be eligible for any College Credential a student must be enrolled and complete at least 25% of that program's credit units at Fanshawe College, unless stipulated differently by other approving bodies such as the Postsecondary Education Quality Assessment Board (PEQAB).

7.4 Indicate:

i) Total program hours before proposed change: 1380

ii) Total program hours after proposed change:

1310 1295 [rev]

- 85

iii) Level(s) in which the proposed change(s) occurs:

ALL

7.4.1 Are the total program hours consistent with the requirements as listed below?

☒ Yes

☐ No (If no, please explain)

| | |
|---|--|
| Local Certificate - 300 hours | Ontario College Certificate - 600 hours |
| Diploma - 1200 to 1400 hours | Advanced Diploma - 1800 to 2100 hours |
| Graduate Certificate - 600 hours | |

**APPENDIX A: PROPOSED DEGREE AUDIT
CHANGES**

FHP1

| Course Code | Existing DA Courses | Total Hours | Total Credits | Describe proposed changes | Course Code | Proposed DA Courses | Total Hours | Total Credits |
|-------------|---------------------------------------|-------------|---------------|--------------------------------|-------------|--------------------------------|-------------|---------------|
| Level 1 | | | | | | | | |
| WRIT 1048 | Reason & Writing 1 | 45 | 3 | | WRIT 1048 | Reason & Writing 1 | 45 | 3 |
| ANAT 1035 | Anatomy | 75 | 4 | Course subdivided : Lecture | ANAT 1042 | Anatomy & Physiology | 45 | 3 |
| | | | | Course subdivided : Lab | ANAT 1041 | Functional Anatomy | 30 | 2 |
| PHRE 1041 | Principles of Fitness | 70 | 3.9 | Delete Course | | | | |
| | | | | Course Moved from Level 2 | PHRE 1045 | Resistance Training | 75 | 3 |
| NUTR 1016 | Essentials in Human Nutrition | 45 | 3 | Course Moved to Level 2 | | | | |
| EDUC 1097 | Student Success | 15 | 1 | | EDUC 1097 | Student Success | 15 | 1 |
| PHRE 1031 | Administration of Physical Recreation | 45 | 2.5 | Delete Course | | | | |
| MATH 1206 | Math for Fitness Professionals | 30 | 2 | Change in Course Hours | MATH 1214 | Math for Fitness Professionals | 45 | 3 |
| GEAA 1000 | Gen Ed Elective | 45 | 3 | | GEAA 1000 | Gen Ed Elective | 45 | 3 |
| | | | | | | | | |
| Total | | 370 | 22.4 | | Total | | 300 | 18 |

-70 ✓

—

+5

-45

-45

+15

-

| Course Code | Existing DA Courses | Total Hours | Total Credits | Describe proposed changes | Course Code | Proposed DA Courses | Total Hours | Total Credits |
|-------------|-----------------------------|-------------|---------------|---------------------------|-------------|------------------------------------|-------------|---------------|
| Level 2 | | | | | | | | |
| COMM 3067 | Professional Communications | 45 | 3 | | COMM 3067 | Professional Communications | 45 | 3 |
| PHRE 3040 | Resistance Training | 60 | 3 | Moved to Level 1 | | | | |
| EDUC 1098 | Leadership in the Workplace | 45 | 3 | Course Title Change | EDUC 1011 | Coaching & Group Dynamics | 45 | 3 |
| PHRE 1042 | Physiology of Exercise | 45 | 3 | NEW COURSE CODE | PHRE 3045 | Physiology of Exercise | 45 | 3 |
| HLTH 1248 | Health & Behaviour Change | 45 | 3 | Course Moved to Level 3 | | | | |
| PHRE-1033 | Fitness Evaluation | 75 | 4 | DELETE COURSE | | | | |
| | | | | Course Moved from Level 3 | PHRE 3042 | Group Exercise | 30 | 1 |
| | | | | Course Moved from Level 3 | PHRE 3043 | Functional Movement & Conditioning | 60 | 3 |
| | | | | Moved from Level 1 | NUTR 1002 | Nutrition | 45 | 3 |
| | | | | NEW COURSE Mandatory GE | SOCI 3028 | Social Diversity In Canada | 45 | 3 |
| TOTAL | | 315 | 19 | | TOTAL | | 315 | 19 |

- 60

- 45

- 75

+ 30

+ 60

+ 45

+ 45

0 ✓

| Course Code | Existing DA Courses | Total Hours | Total Credits | Describe proposed changes | Course Code | Proposed DA Courses | Total Hours | Total Credits |
|----------------|---|-------------|---------------|---------------------------|--------------|---|-------------|---------------|
| Level 3 | | | | | | | | |
| EDUC 3016 | Professional Practice | 30 | 2 | | EDUC 3016 | Professional Practice | 30 | 2 |
| PHRE 3044 | Exercise Prescription for Special Populations | 60 | 3 | | PHRE 3044 | Exercise Prescription for Special Populations | 60 | 3 |
| PHRE 3008 | Health Promotion | 60 | 4 | Move to Level 4 | | | | |
| PHRE 3042 | Group Exercise | 30 | 1 | Course Moved to Level 2 | | | | |
| PHRE 3043 | Functional Movement & Conditioning | 60 | 3 | | | | | |
| FLDP 3032 | Personal Training & Field Practice | 60 | 2.2 | | FLDP 3032 | Personal Training & Field Practice | 60 | 2.2 |
| METH-3027 | Research Principles | 45 | 3 | | METH-3027 | Research Principles | 45 | 3 |
| | | | | | PHRE 3055 | Cardiovascular Training | 45 | 2 |
| | | | | Course from Level 2 | HLTH 3060 | Health & Behaviour Change | 45 | 3 |
| | | | | | | | | |
| TOTAL | | 345 | 18.2 | | TOTAL | | 285 | 15.2 |

- 60
 - 30
 - 60
 -
 -
 + 45
 + 45
 - 60 ✓

| Course Code | Existing DA Courses | Total Hours | Total Credits | Describe proposed changes | Course Code | Proposed DA Courses | Total Hours | Total Credits |
|-------------|--|-------------|---------------|---------------------------|-------------|--|-------------|---------------|
| Level 4 | | | | | | | | |
| FLDP 3018 | Field Placment | 140 | 3.6 | | FLDP 3018 | Field Placment | 140 | 3.6 |
| PHRE 3045 | Sports Injuries | 60 | 3 | | PHRE 3045 | Sports Injuries | 60 | 3 |
| MKTG 1096 | Marketing & Sales for Health Professionals | 30 | 2 | Course Changed - New Code | ENTP 3002 | Entrepreneurship for Fitness Professionals | 45 | 3 |
| MGMT 1240 | Small Business Ownership | 60 | 4 | Delete Course | | | | |
| PHRE 5003 | High Performance Training for Sport | 60 | 3 | | PHRE 5003 | High Performance Training for Sport | 60 | 3 |
| | | | | Course Moved from Level 3 | HLTH 6031 | Health Promotion | 45 | 3 |
| | | | | NEW COURSE | PLAN 3010 | Recreation & Event Planning | 45 | 2.1 |
| | TOTAL | 350 | 15.6 | | | TOTAL | 395 | 17.8 |
| | TOTAL HOURS | 1380 | 75.2 | | | TOTAL HOURS | 1295 | 70 |

+15

- 60

60

+45

+45

✓

Degree Audit Report

Catalog: 2019/2020

Program: FHP1
 Department: HLT - Health Sciences
 Academic Level: PS
 CCD: 8 - 4AcadSem/1200-1400hrs
 Credential: Ontario College Diploma

Name: Fitness and Health Promotion

Grade Scheme: LG2

Major: FHP1 - Fitness and Health Promotion

Div: FHS - Fclty of Hlth, Comm St, Public Sfty

Co-Op Indicator: N/A

Academic Program Requirement

Total Credits: 75.20
 GPA Requirement: 2.00
 Minimum Grade: C

Residency Reqmt: 19.00
 Residency Reqmt GPA: 2.00

Academic Requirement: FHP1.19 Fitness and Health Promotion

Major: FHP1
 Grade Scheme: LG2
 Minimum GPA: 2.00
 Minimum Grade:

Subrequirement: Level 1

Gen Ed - Take a 3 credit General Education elective course. Take all of the following Mandatory Courses:

| PLS. ADD | | RESISTANCE TRAINING | | Total Hours | Total Credits | GE |
|----------|-----------|--|--|-------------|---------------|-----|
| | PHRE1015 | | | | | |
| | WRIT-1048 | Reason & Writing 1 for Health Sciences | | 45.00 | 3.00 | |
| | ANAT-1035 | Anatomy | | 75.00 | 4.00 | DEL |
| | PHRE-1041 | Principles of Fitness | | 70.00 | 3.90 | DEL |
| | NUTR-1016 | Essentials in Human Nutrition | | 45.00 | 3.00 | DEL |
| | EDUC-1097 | Student Success | | 15.00 | 1.00 | |
| | PHRE-1031 | Administration of Physical Recreation | | 45.00 | 2.50 | |
| | MATH-1206 | Math for Fitness Professionals | | 30.00 | 2.00 | |
| | ANAT-1042 | ANATOMY & PHYSIOLOGY | | | | |
| | ANAT-1041 | FUNCTIONAL ANATOMY | | | | |

Subrequirement: Level 2

Take all of the following Mandatory Courses:

| PLS. ADD | | NUTRITION | | Total Hours | Total Credits | GE |
|----------|--|----------------|-----------------------------|-------------|---------------|-----|
| PLS. ADD | | NUTR 1002 | SOCIAL DIVERSITY IN CANADA | | | |
| PLS. CHG | | SOCI 3028 | COACHING & GROUP... | | | |
| PLS. CHG | | EDUC 1098-1011 | Leadership in the Workplace | 45.00 | 3.00 | |
| PLS. CHG | | PHRE 3040 | Resistance Training | 60.00 | 3.00 | DEL |
| PLS. CHG | | PHRE 1042 3045 | Physiology of Exercise | 45.00 | 3.00 | |
| | | HLTH 1248 | Health & Behaviour Change | 45.00 | 3.00 | DEL |
| | | PHRE 1033 | Fitness Evaluation | 75.00 | 4.00 | DEL |
| PLS. ADD | | COMM 3067 | Professional Communications | 45.00 | 3.00 | |
| | | PHRE 3043 | FUNC. MOVAT. & COND | | | |
| | | PHRE 3040 | GROUP EXERCISE | | | |

Subrequirement: Level 3

Take all of the following Mandatory Courses:

| PLS. ADD | | HEALTH & BEHAVIOUR CHANGE | | Total Hours | Total Credits | GE |
|----------|-----------|------------------------------------|--|-------------|---------------|-----|
| | HLTH-3060 | | | | | |
| | EDUC-3016 | Professional Practice | | 30.00 | 2.00 | |
| | PHRE-3044 | Exercise for Special Populations | | 60.00 | 3.00 | |
| | PHRE-3008 | Health Promotion | | 60.00 | 4.00 | DEL |
| | PHRE-3042 | Group Exercise | | 30.00 | 1.00 | DEL |
| | PHRE-3043 | Functional Movement & Conditioning | | 60.00 | 3.00 | DEL |
| | METH-3027 | Research Principles | | 45.00 | 3.00 | ** |
| | FLDP-3032 | Personal Training & Field Practice | | 60.00 | 2.20 | |
| | PHRE-3055 | CARDIOVASCULAR TRAINING | | | | |

Degree Audit Report

Subrequirement: Level 4

Take all of the following Mandatory Courses:

PLS ADD PLAN 3010 REG & EVENT PLANNING

| | | Total Hours | Total Credits | GE |
|----------------------|---|-------------------|------------------|----------------|
| MGMT-1240 | Small Business Ownership | 60.00 | 4.00 | DEL |
| MKTG-1096 | Mktg & Sales for Fitness Professionals | 30.00 | 2.00 | DEL |
| PHRE-3045 | Sports Injuries | 60.00 | 3.00 | |
| FLDP-3018 | Field Placement | 140.00 | 3.60 | |
| PHRE-5003 | High Performance Training for Sport | 60.00 | 3.00 | |

*PLS ADD > HLTH 6031
ENTP 1002*

Subrequirement: Gen Ed - Electives

Take 3 General Education Credits - Normally taken in Level 1

Subrequirement: Program Residency

Students Must Complete a Minimum of 19 credits in this program at Fanshawe College to meet the Program Residency requirement and graduate from this program

Approved By Chair/Manager:

Approved by Dean:

General Education Approved By (as appropriate):

Department and Date:

Date:

Date:

*TG
Dec 21/18*

| | | | | | | | | | | | | |
|---------------|--|----|----|----|----|---|----|----|-----|----|----|----|
| PHRE-3040 | Resistance Training | B | C | B | | | IB | | | | BC | + |
| PHRE 3043 | Functional Movement and Conditioning | BC | B | B | B | | B | | | | B | B |
| PHRE 3042 | Group Exercise | | B | B | B | | C | | | | | B |
| NUTR 1002 | Nutrition | BC | B | | B | | | | | | B | |
| Level 3 | | | | | | | | | | | | |
| Course Number | Course Name | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| EDUC-3016 | Professional Practice | B | | B | | | | | | BC | BC | C |
| FLDP-3032 | Personal Training & Field | BC | C | C | C | | C | | B | C | BC | C |
| PHRE-3008 | Health Promotion | | | B | C | C | | BC | B | | | B |
| PHRE-3042 | Group Exercise | | B | B | C | | C | | | | | B |
| PHRE-3043 | Movement & Conditioning | BC | BC | B | B | | C | | | | B | B |
| PHRE-3044 | Exercise-Special Populations | BC | BC | B | BC | B | C | | | | BC | B |
| HLTH 3060 | Health & Behaviour Change | | | BC | BC | | | IB | | B | | B |
| PHRE 3055 | Cardiovascular Training | BC | BC | B | B | | B | | | | B | B |
| Level 4 | | | | | | | | | | | | |
| Course Number | Course Name | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| FLDP-3018 | Field Placement | C | C | C | C | C | C | C | C | C | C | C |
| MGMT-1240 | Small Business Ownership | | | | | | | | IBC | | | C |
| ENTP 1002 | Entrepreneurship for Fitness Professionals | | | | | | | | C | C | | C |
| PHRE-3045 | Sports Injuries | C | C | C | C | | C | | | | C | B |

| | | | | | | | | | | | | |
|-----------|-------------------------------|---|---|---|---|---|---|---|----|--|---|---|
| PHRE-5003 | Training for Sport | C | C | | | | C | | | | C | B |
| HLTH 6031 | Health Promotion | | | C | C | C | | C | | | | C |
| PLAN 3010 | Recreation and Event Planning | | | | | C | B | | BC | | C | C |

Vocational Learning Outcomes

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| 1 | conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results. |
| 2 | prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients. |
| 3 | utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients. |
| 4 | collaborate with individuals in the selection and adoption of strategies that will enable them to take control of and improve their health, fitness, and wellbeing. |
| 5 | develop, implement, and evaluate activities, programs, and events which respond to identified needs and interests of clients* and maximize the |
| 6 | train individuals and instruct groups in exercise and physical activities. |
| 7 | contribute to community health promotion strategies. |
| 8 | assist in the development of business plans for health and fitness programs, activities, and facilities. |
| 9 | implement strategies and plans for ongoing personal and professional growth and development. |
| 10 | develop and implement risk management strategies for health and fitness programs, activities, and facilities. |
| 11 | interact effectively with clients, staff, and volunteers in health and fitness programs, activities, and facilities. |

Legend

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| I | Introductory |
| B | Building |
| C | Culminating |

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| Program Name: | Fitness and Health Promotion |
| Program Code: | FHP1 |

| Level 1 | | | | | | | | | | | | |
|---------------|--------------------------------|---|---|---|---|---|---|---|---|---|----|----|
| ber | Course Name | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| ANAT-1035 | Anatomy | | | | X | | | | | | | |
| EDUC-1097 | Student Success | X | X | | | | X | | | | X | X |
| MATH-1206 | Math for Fitness Professionals | | | X | X | | | | | | | |
| NUTR-1016 | Essentials in Human Nutrition | | | | X | | X | X | | | | |
| PHRE-1031 | Admin of Physical-Recreation | | | | | | | | | | | |
| PHRE-1041 | Principles of Fitness | X | X | | X | | X | | X | | | |
| WRIT-1048 | Reason/Writing 1-Hlth Science | X | X | | X | X | X | X | X | | | |
| PHRE 1045 | Resistance Training | X | X | X | X | X | X | X | X | X | X | X |
| ANAT 1042 | Anatomy & Physiology | | | | X | | | | | | | |
| ANAT 1041 | Functional Anatomy | | | | X | | | | | | | |
| Level 2 | | | | | | | | | | | | |
| Course Number | Course Name | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| COMM-3067 | Professional Communications | X | X | | | | X | X | | | | |
| EDUC 1011 | Coaching and Group Dynamics | X | X | | X | X | | | X | X | X | X |
| HLTH-1248 | Health & Behaviour-Change | X | X | | | | | | X | X | X | X |
| PHRE-1033 | Fitness Evaluation | X | X | X | X | X | | X | | X | X | X |

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| PHRE 3045 | Physiology of Exercise | X | | X | X | X | X | | | | | X |
| PHRE-3040 | Resistance Training | X | X | X | X | X | X | X | X | X | X | X |
| PHRE3043 | Functional Movement and Conditioning | | | | X | X | | | | | | |
| PHRE 3042 | Group Exercise | X | X | | X | | | | | | | |
| NUTR 1002 | Nutrition | | | | X | | X | X | | | | |
| Level 3 | | | | | | | | | | | | |
| Course Number | Course Name | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| EDUC-3016 | Professional Practice | X | X | | X | | | | X | | X | X |
| FLDP-3032 | Personal Training & Field | X | | | X | X | | | | | X | |
| METH-3027 | Research Principles | X | X | X | X | X | X | X | | X | X | X |
| PHRE-3008 | Health Promotion | X | | | X | X | | X | X | X | X | |
| PHRE-3042 | Group Exercise | X | X | | X | | | | | | | |
| PHRE-3043 | Movement & Conditioning | | | | X | X | | | | | | |
| PHRE-3044 | Exercise-Special Populations | X | | | X | X | | | X | | | |
| HLTH 3060 | Health & Behaviour Change | X | X | | | | | | X | X | X | X |
| PHRE 3055 | Cardiovascular Training | X | | | X | X | | | | | | |
| Level 4 | | | | | | | | | | | | |
| Course Number | Course Name | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| FLDP-3018 | Field Placement | X | X | X | X | X | X | X | X | X | X | X |
| MGMT-1240 | Small Business-Ownership | X | | | X | | | X | | | | |
| MKTG-1096 | Marketing & Sales | X | X | | X | X | X | X | X | X | X | X |

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| ENTP 1002 | Entrepreneurship for Fitness Professionals | X | X | | X | X | X | X | X | X | X | X |
| PHRE-3045 | Sports Injuries | | | | X | X | | | | | | |
| PHRE-5003 | Training for Sport | X | X | X | X | X | X | X | X | X | X | X |
| HLTH 6031 | Health Promotion | X | | | X | X | | X | X | X | X | |
| PLAN 3010 | Recreation and Event Planning | X | | X | | | | | | X | X | |

Essential Employability Skills

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| 1 | Communicate clearly, concisely and correctly in the written, spoken and visual form that fulfills the purpose and meets the needs of the audience. |
| 2 | Respond to written, spoken or visual messages in a manner that ensures effective communication. |
| 3 | Execute mathematical operations accurately. |
| 4 | Apply a systematic approach to solve problems. |
| 5 | Use a variety of thinking skills to anticipate and solve problems. |
| 6 | Locate, select, organize and document information using appropriate technology and information systems. |
| 7 | Analyze, evaluate and apply relevant information from a variety of sources. |
| 8 | Show respect for diverse opinions, values, belief systems and contributions of others. |
| 9 | Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals. |
| 10 | Manage the use of time and other resources to complete projects. |
| 11 | Take responsibility for one's own actions, decisions and consequences. |

Legend

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| I | Introductory |
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